

What Is Claimed:

1. A method for activating adenosine triphosphate (ATP) synthesis comprising the step of administering to a patient an effective amount of a mixture of herbs having an ion-exchange capacity as an active ingredient.
2. The method of claim 1, wherein the mixture generates electrons in said patient's body to give an oxidation-reduction potential of -300mV or less.
3. The method of claim 1, wherein the herbs are selected from a group consisting of thyme, rosemary, turmeric, fennel, grape seeds, dandelion, and *Acanthopanax senticosus*.
4. The method of claim 1, wherein an effective amount of the adenosine triphosphate synthesis activator is within a range of 5.5 mg to 17.5 mg per kg of body weight.